

Renal sympathetic denervation improves physical and mental health in resistant hypertension

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Renal sympathetic denervation improves anxiety, depression, quality of life and stress in patients with resistant hypertension, according to research presented at ESC Congress 2012 by Dr Denise Fischer from Saarland University Hospital.

Arterial hypertension is often associated with several psychological comorbidities, such as [anxiety](#) and panic disorders, leading to impaired quality of life. Catheter-based renal sympathetic [denervation](#) (RDN) is a novel treatment option for patients with resistant hypertension and has been shown to reduce local and whole-body sympathetic activity and blood pressure (BP).

The aim of the present study was to analyze quality of life, arousal level, anxiety and depression, sleeping quality, intensity of headache and stress tolerance in patients with resistant hypertension before and after RDN.

RDN was performed in 173 patients with resistant hypertension (BP $174/88 \pm 23/13$ mmHg and taking a median of 5 [antihypertensive drugs](#)) aged 63 ± 10 years (53% male). Psychological status, intensity of headache, sleeping quality and [stress tolerance](#) were documented before and 3 months after RDN.

Patients rated their physical and mental state and arousal level on a 0-100% scale. Stress was induced by a multi tasking situation

(Determination Task) and the total number of correct reactions, omissions and commission errors (responding to stimuli where it is not required) were recorded. Assessments were made of depression and anxiety using the Hospital [Anxiety and Depression](#) Scale (HADS) and of quality of life using the Short Form-12 [Health Survey](#) (SF-12). Insomnia and the level of regeneration achieved during sleep were assessed using a 0-100% scale and intensity of headache was measured by a visual analogous scale (VAS).

Three months after RDN was performed, office blood pressure decreased by 17/7 mmHg (p

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